

# Feeling Sad

Feeling sad or unhappy is normal when something goes wrong or you lose someone. These feelings often go away with time and you feel better.

If these feelings are severe or affect your everyday life for more than 2 weeks, see your doctor. Treatment can help.

## Signs

- Lose interest in things that you enjoy
- Feel restless
- Sleep too much or are not able to sleep
- Feel tired all the time or lack energy
- Gain or lose weight
- Lose your appetite
- Have a hard time concentrating or remembering
- Feel hopeless, guilty, worthless, or helpless
- Have headaches, stomach aches, bowel problems, or pain that does not get better with treatment

If you have any of these signs for more than 2 weeks or you are thinking of harming yourself or others, see your doctor. You may have depression.

# 感到憂傷

當事出有誤或當您失去了一個人時感到憂傷或不快樂是正常的。這些感覺經常會逐漸消失，您會覺得好轉。

如果這些感覺很嚴重或影響您的日常生活兩週以上，請去看醫生。治療可提供幫助。

## 症狀

- 對您喜愛的事物失去興趣
- 覺得不安
- 睡覺太多或不能睡覺
- 始終覺得疲累或沒有精力
- 體重增加或減少
- 失去食慾
- 很難集中注意力或記起事情
- 覺得無望、有罪、無價值或無助
- 有頭痛、胃痛、腸道問題或經治療而不癒的疼痛

如果您有任何這些症狀超過兩個星期，或者您想傷害自己或傷害他人，請去看醫生。您可能得了憂鬱症。

Feeling Sad. Traditional Chinese.

## **Your Care**

The first step to feeling better is talking to someone who can help you. This might be a doctor or a counselor. Your care may include medicine and counseling. Here are things you can do that can help:

- Eat a healthy diet and avoid junk food.
- Drink plenty of water.
- Avoid alcohol and street drugs.
- Try to get 7-8 hours of sleep each night.
- Stay active, even if you do not feel like it.
- Plan activities for the day.
- Set a small goal each day that you can do, such as do a small task or take a walk.
- Avoid stress if possible.
- Avoid being alone.
- Join a support group.
- Talk to clergy or spiritual leaders.
- Pray or meditate.
- Share your feelings with family or friends.
- Write down your thoughts and feelings.
- Let your family and friends help you.

## 您的護理

感覺好轉的第一步是和某個能幫助您的人談一談。這個人可能是醫生或是諮詢輔導人員。您的醫療可能包括藥物和諮詢輔導。這裡有一些事項您做了會有幫助：

- 吃健康飲食，避免無營養食品。
- 喝大量的水。
- 避免飲酒及使用街頭毒品。
- 儘量每晚睡覺7-8個小時。
- 保持活動，即使是在您不想這樣時。
- 為當天計劃一些活動。
- 為每一天設定一個您能做到的小目標，例如做一件小任務或散一次步。
- 如果可能，請避免壓力。
- 避免孤獨。
- 參加一個支持團組。
- 和牧師或精神領袖談一談。
- 祈禱或默想。
- 與家人或朋友分享您的感覺。
- 寫下您的想法和感覺。
- 讓您的家人和朋友幫助您。

Feeling Sad. Traditional Chinese.

## **Family and friends can help.**

Helping someone get treatment is important. Your loved one may not have the energy or desire to ask for help. Ways to help:

- Offer to go to the doctor with your loved one. You can ask questions and write down notes.
- Invite the person to go for walks or outings. Do not be discouraged if he or she says no. Continue asking, but do not push.
- Give emotional support through talking and careful listening. Do not ignore feelings, but point out realities and offer hope.
- Offer reassurance that with time he or she will feel better.
- **Do not ignore** words or actions that show the person thinks life is worthless. **Do not ignore** words or actions about hurting others. Seek help **right away** at a hospital emergency department.

**Talk to your doctor if you think you or a loved one has feelings of sadness that last for more than 2 weeks.**

## 家人和朋友可提供幫助。

幫助某人得到治療很重要。您的親人可能沒有要求幫助的精力或慾望。幫助的方法：

- 主動與您的親人同去看醫生。您能提問並記筆記。
- 邀請這個人去散步或外出一趟。如果此人說不，請別氣餒，繼續向他或她要求，但不要逼迫。
- 通過談話和細心地聆聽給予感情上的支持。不要忽視感覺，但要指出實際情況並提出希望。
- 說他或她會逐漸好轉以讓其放心。
- **不要忽略**表明此人認為生命無價值的言行。**不要忽略**有關傷害他人的言行。請立刻在醫院急診部尋求幫助。

如果您認為您或您的親人感覺悲哀已持續兩個多星期，請和您的醫生談一談。

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